



P5-6 OCTOBER BREAK ACTIVITY PACK

DIGITAL LEARNING
AUTUMN PACK 2025



CYBER SECURITY
AWARENESS MONTH

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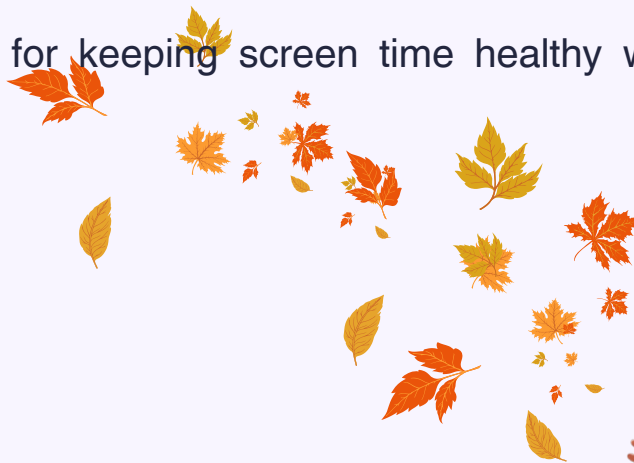
Autumn is Here..

It's the October holidays, which means cooler days and plenty of opportunities for fun both outdoors and online.

With the extra free time, it's a great opportunity to check in on your child's digital habits and maintain their online experiences as positive and balanced as possible.

This pack is designed to be simple, engaging, and just right for the autumn break. Inside you'll find:

- Fun, short activities to keep digital literacy skills fresh
- Easy conversation starters to chat about online safety in everyday moments
- Practical tips for keeping screen time healthy while enjoying the season





HI! I'M RILEY

Hey parents,

For those of you who don't know me yet, I'm Riley
And I love exploring the online world.



But you know what?

Even though the internet can be amazing, it's not always easy to know what's safe. I've had moments where I wasn't sure what to do, like when I got a weird message or found something online that didn't feel quite right.

I don't have all the answers (yet!), but I've learned a great deal along the way, especially from the times I made mistakes. That's how I got better at spotting what's real, what's risky, and how to stay in control of my digital life.

Now, I want to share what I've learned with you.

Let's figure this stuff out together, and remember, you don't have to be perfect to be smart online.

Let's go!

Riley 😊

ACTIVITIES





ACTIVITY 1: REAL V FAKE

Over the last few years, image generation technology has advanced at an incredible pace.

Computers can now create photos that look so realistic it's often difficult to tell whether they were taken with a camera or produced by artificial intelligence.

Because of this, distinguishing between real and fake images has become a significant challenge. Why not put your skills to the test?

Take a look at the images on the next page and decide for yourself, mark a tick if you think the picture is real, or a cross if you think it's fake.

SAMPLE



FAKE?



FAKE?



FAKE?



FAKE?



REAL V FAKE



FAKE?



FAKE?



FAKE?



FAKE?



How did you do? Did you find it surprising or did you know which images were real and which were fake?



FAKE?



FAKE?



FAKE?



FAKE?





FAKE?



FAKE?



FAKE?



FAKE?



REAL V FAKE

How Did You Do?

That was a tricky one, wasn't it?

If you found it hard to spot which pictures were fake, that was the point. Fake and edited images have become so realistic that even adults struggle to distinguish what's real from what's not.

The goal of this activity wasn't to test how good you are at spotting fakes; it was to show how easily our eyes can be fooled online. The next time you see a photo or video that looks too perfect or unbelievable, take a second to think:

- Could it have been edited or created with AI?
- Why was it posted? What message does it want me to believe?
- Does it make me feel a certain way on purpose?

Being online is all about learning to question, not just scroll. You're not just looking, you're thinking like a digital detective.



ACTIVITY 2: CRACK THE SECRET CODE

Computers don't understand words the way we do. Instead, they use a secret language made up of only 1s and 0s. This is called binary.

Each letter of the alphabet has its own special code. If you put the codes together, the computer can spell words.

Today, Riley has found a binary message, and it might tell her where the Halloween candy is hidden! Can you help her crack the code?





CRACK THE SECRET CODE

Letter	Code	Letter	Code	Letter	Code
A	00001	I	01001	Q	10001
B	00010	J	01010	R	10010
C	00011	K	01011	S	10011
D	00100	L	01100	T	10100
E	00101	M	01101	U	10101
F	00110	N	01110	V	10110
G	00111	O	01111	W	10111
H	01000	P	10000	x	11000

00100 00001 00100 10011
 01111 00110 00110 01001 00011 00101



CRACK THE SECRET CODE

FIRST WORD

SECOND WORD

WHERE IS THE CANDY HIDDEN?

BONUS CHALLENGE

Can you create your own secret code? Try to use the binary above to create your own secret word.

CRACK THE SECRET CODE ANSWER

FIRST WORD

DADS

SECOND WORD

OFFICE

WHERE IS THE CANDY HIDDEN?

DADS OFFICE

BONUS CHALLENGE

Can you create your own secret code? Try to use the binary above to create your own secret word.



REDUCE SCREEN TIME





SCREENTIME TIPS




October is Cyber Security Awareness Month.

Children love screens, but balance is key. Use the holidays as an opportunity to explore seasonal, offline fun. Even swapping one extra YouTube video for a family walk or game makes a difference.


Need a screen break? Why not try one of Riley's favourite autumn activities?

- Kick crunchy leaves on a walk
- Carve a pumpkin
- Visit a pumpkin patch
- Go foraging in the woods for chesnuts
- Play a board game or puzzle





PARENTS & GUARDIANS





DIGITAL CHECK IN

Extra support

Checking in with children:

It's not always easy to know what your child is doing online. Direct questions like 'Show me your messages' can feel intrusive, but gentle conversation helps keep them open and honest. Here are some check-in questions you can ask that encourage sharing, without it feeling like you're getting too involved:

Everyday conversation starters

- 'What game/video are you enjoying most right now?'
- 'Who do you like playing or chatting with online?'
- 'Did you see anything funny or surprising today?'
- 'What's the best thing that happened online this week?'

Tips for parents

Keep the tone light; you're showing interest, not checking up.

Share your own experiences (e.g. 'I got a strange email today!') to make it a two-way conversation.

Praise honesty. Even if they clicked something by mistake, knowing they can come to you is what matters.

ADDITIONAL INFORMATION

Extra support



NSPCC

Practical advice on digital safety, parental controls, and how to talk to kids about online risks.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



UK Safer Internet Centre

Guides on staying safe online, conversation starters for parents, and recommendations for privacy settings.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



HAVE AN AMAZING OCTOBER BREAK!

THIS PACK WAS CREATED BY KIDS IN CYBER

